In 2010, **48.3 million surgical and nonsurgical procedures** were performed\(^1\)

**Mental and physical health impact each other**

Percentage of adults with mental disorders and/or medical conditions, 2001–2003

- People with mental health disorders: **25%** of adult population
- People with medical conditions: **58%** of adult population
- **68%** of adults with mental health disorders have medical conditions
- **29%** of adults with medical conditions have mental disorders

Source: Adapted from the National Comorbidity Survey Replication, 2001–2003

Common psychosocial factors that can work for or against surgery

- Affective and Psychiatric Disorders
  - Depression
  - Anxiety
- Cognitive Appraisals
  - Self-Efficacy
  - Optimism/Pessimism
  - Perceived Control
- Coping Strategies
  - Active Behavior
  - Avoidance
  - Denial
- Patient Resources
  - Social
  - Economic
  - Familial
  - Spiritual
- Life Context
  - Stressful Events
  - Perceived Stress Level
  - Functional Capacity

“Psychological tests can outperform medical tests at predicting poor response to back surgery to reduce pain.”

Some surgeries that can benefit from psychological evaluations:

- **Spinal Surgery**
  - Failed back surgery syndrome (FBSS) affects 40% of patients following spine surgery with estimated costs of $20 billion to the US healthcare system.

- **Bariatric Surgery**
  - 196,000 Bariatric surgeries performed each year
  - 15% of patients do not maintain 50% of initial weight loss
  - These 15% of patients can cost around $676 million in unnecessary surgery costs

Other surgeries where outcomes can benefit from presurgical evaluations:
- Sleep apnea
- Organ transplant
- Pain intervention
- Knee & hip surgery

References:
2 Carragee, et al. (2005; 2004)
Help improve your patients’ surgical outcomes

Surgical procedures and recovery require cooperative effort from patients, healthcare teams, and insurance companies. Make sure your patients are ready to undergo these procedures by identifying risks and positive attributes that could impact successful outcomes. Presurgical evaluations and mental health assessments provide evidence-based recommendations to help you devise an appropriate treatment plan. Benefits of presurgical evaluations include:

**Identification of Risks and Resilience**
High levels of psychological symptomatology are often indicative of patient satisfaction and adverse or sub-optimal surgical outcomes.

**Reports Developed for Integrated Care**
Comprehensive and evidence-based reports enable collaboration across the multidisciplinary surgical and care team.

**Justification for Insurers**
Research-based and normed on relevant surgical candidates, these industry leading tests are part of a thorough presurgical psychological evaluation often required by medical treatment guidelines.

**Why are presurgical evaluation tools valuable?**
- Items are written to assess medical patients
- Offer more focused assessment of psychiatric conditions
- Determine if patient is depressed about health
- Identify fears associated with objective risk of death
- Highlight clusters of physical symptoms associated with illness and distress
- Identify poor coping with pain or illness
- Assess dependence on prescription pain medication

**Sample of presurgical evaluation battery**
- Clinical interview
- Locus of Control measure
- Assessment of psychosocial factors that impact medical treatment
- Assessment of substance use and abuse
- Pain assessment
- Cognitive assessment
- Assessment of personality traits and psychopathology
- Measure of mood

**Pearson’s valid and reliable suite of tools assess for:**
- Depression
- Anxiety
- Addiction potential
- Pain disorder
- Physical functioning
- Reaction to medical condition
- Dependence on prescription pain medication
- Organic & stress-related symptom clusters
- Conflict with healthcare providers
Products

Pearson offers the following assessments to inform treatment plans and improve outcomes for surgical interventions.

**MBMD®**

Helps identify biopsychosocial factors, including coping strategies, that impact individuals’ readiness for and response to chronic pain, bariatric, and general surgeries.

**BHI2**

Comprehensively identifies primary and secondary biopsychosocial risk factors before surgical intervention.

**MMPI 2 RF**

Reports that identify presurgical risk factors, postsurgical outcome risk, and associated treatment recommendations for spinal cord stimulator and spine surgery procedures.

**Eating Inventory**

Measures three factors of eating behavior important in developing individualized pre- and post-surgical treatment programs for obesity.

**QOLI**

Efficiently measures 16 areas of life satisfaction to inform pre- and post-surgical treatments or services.

For more information and resources on presurgical evaluations, visit [PearsonAssessments.com/HealthPsych](http://PearsonAssessments.com/HealthPsych)